



**“Building healthier lives for Douglas County employees by empowering lifestyle change through education and support.”**

**MINUTES OF THE DOUGLAS COUNTY EMPLOYEES’ WELLNESS COMMITTEE  
February 15, 2013 MEETING**

**Members present:**

Kathy Goodman	Jan Johnson	Mike Boyle	Phil Rooney
Lee Lazure	Dennis Rookstool	Mary Ann Borgeson	Jane Alexander
Debbie Otwell			

**Absent Members:**

Wade Stephens	Dan Archie	Diane Battiato	Kevin Conlon
Connie Lehman	Jennifer Beisheim	Jane Faust	Suzette Moorman

**Non-Members:**

Lisa Shoup	Allison Brungardt
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The meeting was called to order at 1:30p.

Allison Brungardt and Lisa Shoup with United Healthcare presented the 2012 Health Assessment survey and Bio Metric screening results to the committee.

Kathy informed the committee that she was working with Leslie Huber on the new YOGA after work class offered on Wednesdays from 5p-6p at the Midtown campus. More details to follow.

Kathy updated the committee on the NACO conference held in Kearney on February 7, 2013. She was going to be on a panel for one of the sessions regarding wellness. There was great interest from other counties on our wellness program and what steps we took to start a wellness program and committee. Several officials came up after the two sessions to get more information and email to later ask questions and get some of our sample challenges, newsletter details and the “How To” in setting up a wellness committee.

The committee was asked to bring ideas on challenges for 2013 to the next meeting.

No Other business, the meeting was adjourned with the next meeting April 16<sup>th</sup>.